

<u>Timeline</u>	<u>Topic</u>	Key concepts and knowledge	<u>Skills</u> development	<u>Rationale</u>
Y7 - half term 1	Lesson1	To understand what	Resilience and	Students will be able
	Introduction to PSHE	PSHE/RSE is.	coping Skills	to voice worries and
7 lessons			Personal Safety	concerns about
		Our classroom rules and why	skills and	joining secondary
Baseline assessment and		we need them to succeed	awareness	school and receive
pupil voice			Resilience	help and guidance on
		To explain the importance of	Confidence	how to deal with
Parent questionnaire online		PSHE/RSE in our development	building	common problems
		To describe what mental		they may face.
		health is		
Bullying and Sexual		To identify some ways that		
Harassment Assemblies (All		we can manage our mental		
Years wk beg 12 <sup>th</sup> September 2022)		health		
		To understand the transition		
		they have undergone from		
	Lesson 2	primary to secondary school.		
	Transition to secondary	To begin to understand the		
	school	school ethos and procedures		
		around school.		
		Transition Primary to		
		Secondary and dealing with		
		change		
		In this lesson, pupils explore		
		the transition to secondary		
ı		school, identify some of the		



T	T	1
	challenges that can arise and	
	where	
	to get support if needed.	
	Road Safety	
Lesson 3		
Road safety 2022		
		Lesson follows the
		Lancashire County
	Rule of Law – applies to	Council 'Streetwise'
Lesson 4	everyone, even politicians,	performance 14 <sup>th</sup>
	the police, the very wealthy	Sept 2022
	Individual Liberty – people	Performance in
	should be free to benefit	Education
	from their hard work, travel	Ludcation
	•	
	freely and say and write	
	whatever they like as long as it doesn't harm others.	
	Mutual Respect – we treat	
	each other fairly and respect	
	differences regardless of age,	
	sex, religion, culture or race	
	Tolerance and respect of	
	other faiths and beliefs – UK	
	has an international	
	reputation of accepting	
	people of other faiths and	
	cultural traditions	
	Democracy – everyone over	
	the age of 18 has the right to	
	say how they want the	
	country to be run, general	
	elections are fair	



	T	1	I
Lesson 5 Dealing with Change	Identify changes and transitions that can take place during adolescence the impact that change can have explain different ways of managing change and where to seek support		
Lesson 6 Bullying and Cyber Bullying  Lesson 7 Bullying and Cyber Bullying  Crossing the line ' Gone too far!	Bullying and Cyber bullying By the end of these lessons you will be able to  Describe the meaning of bullying and cyberbullying and the impact it can have on an individual Explore challenging scenarios and their appropriate responses  Explain where to seek support and advice on bullying/cyberbullying.		Students identify what being bullied means and the emotional impact this can have on an individual. Using peer-to-peer discussion, scenarios and videos, students explore different situations in which people can treat others in a negative way, as well as discover strategies to deal with hurtful types



				of behaviour.
Y7 – half term 2	Health and Wellbeing	Students will study the	Staying healthy	
		importance of physical	Personal fitness	
		wellbeing and the impact it	and wellbeing	
		can have on mental health.		
		Students will examine their	Disciplinary	
		own routines, the food and	Literacy	
		drink they consume and what		
		the impact can have on their	Presentation	
		bodies, mood and behaviour.	skills	
			Communication	
	Lesson 1 Health Body	All will learn that it is	skills	
		important to eat healthily,	Listening skills	
		take exercise, get enough		
		sleep		
		and take care with personal		
		hygiene to keep healthy.		
		Most will understand that		
		smoking, excess alcohol, poor		
		hygiene and inactivity		
		are not part of a healthy		
		lifestyle.		
		Some will understand Body		
		Mass Index, be able to		
		interpret a BMI table and		
	1	apply		
	Lesson 2	it to risk factors for health.		
	A day in the life of Chloe	Lindouete and the comment are a		
		Understand the symptoms		
		and effects of Allergies		



Lesson 3		
Lesson 4 Mental Health introduction to Zumos	Students will study the importance of sleep  explain the impact of sleep on health and wellbeing  describe healthy sleep patterns and identify factors which can reduce sleep quality  describe a range of strategies for ensuring appropriate sleep patterns  Zumos - Welcome!	
Lesson 5-7		
PIXL Oracy	Learn why we have such a vast vocabulary in the English language. Consider what	As part of the schools literacy focus
Introduction to PIXL Oracy	questions should be asked	on further
Voice	when deciding which words to use.	developing disciplinary literacy
Body Language	to doc.	alselphinary incracy
Vocabulary		
Structure		



Creative Careers Lesson 2-7 Ideas Badges  Through our series of online challenges, you can win career-enhancing badges, unlock new opportunities and, ultimately, gain industry-recognised Awards that help you stand out from the crowd varification innovative app idea to help solve a problem in their local community Develop student's digital skills, access engaging learning content and build their knowledge of digital careers  Health and Wellbeing Smashed Online Virtual Performance  Through our series of online challenges, you can win career-enhancing badges, on can win wherever you are on your journey with in team sto. Journey with application pounds of skills, as well as a range of specialist subjects such as enterprise and formal computing (digital literacy, computer science and IT).  Transwork. This helps support life, employability and soft skills, as well as a range of specialist subjects such as enterprise and formal computing (digital literacy, computer science and IT).	7 – half term 3	Enterprise skills and Introduction to careers Lesson 1	Ideas Badges launch via employer (NHS) that helps you develop digital, enterprise and employability skills	Your Record of Achievement enables you to showcase the Skills and knowledge you	iDEA badges have been mapped against several inputs including National Curricula and the Skills Builder
		Lesson 2-7 Ideas Badges  Health and Wellbeing Smashed Online Virtual	challenges, you can win career-enhancing badges, unlock new opportunities and, ultimately, gain industry-recognised Awards that help you stand out from the crowd  Provides an opportunity for students aged 11-14 to work in teams to devise an innovative app idea to help solve a problem in their local community  Develop student's digital skills, access engaging learning content and build their knowledge of digital careers  Vodaphone	wherever you are on your journey with iDEA, whether you have earned two badges or fifty. You have a unique verification number, this means that iDEA can validate your progress to date with any future employer or learning institution requiring	helps support life, employability and soft skills, as well as a range of specialist subjects such as enterprise and formal computing (digital literacy, computer science



Y7 – half term 4	Relationships and sex	Puberty	Personal	
	education		wellbeing	
			Self esteem	
	Lesson 1	I can describe the main	Confidence	
	Puberty	physical and emotional	Personal Safety	
		changes experienced during		
		puberty		
		I can evaluate how		
		emotional changes may affect		
		my relationships during		
		puberty		
		I have strategies for		
		managing the emotional		
		changes experienced during		
	100000 2	puberty		
	Lesson 2			
	Healthy and unhealthy	Lean identify bealthy and		
	Relationships	I can identify healthy and unhealthy relationship		
		behaviours		
		• I can describe the		
		consequences of different		
		relationship communication		
		styles		
		• I can demonstrate active		
		listening and assertiveness		
	Lesson 3	skills		
	Consent			



	I can explain what consent	
	means, both legally and	
	ethically, and why it is so	
	important.	
	<ul> <li>I can identify signs of when</li> </ul>	
	someone is consenting and	
	when they are not.	
	I can describe how consent	
	is sought, given and not given	
	in a healthy relationship.	
	• I can give reasons why most	
	young people do not have sex	
Lesson 4	until after they have	Although girls are
FGM	passed the age of consent.	most at risk at
		Primary School
		Teaching FGM is now
Lesson 5	Undertand what FGM is and	mandatory for
'Somethings not right'	understand the dangers and	secondary schools
KS3 Home Office lesson	what we can look out for	(Parent consultation/
		RSE Policy)
	FGM- what is it and why is so	Supporting students
	dangerous?	to speak to a trusted
	'Somethings not right'	adult, and report
	KS3 Home Office Resource	concerns, is more
		important than ever,
	Identify the features	with young people
	of positive	having experienced a
	relationships in the	range of challenges
	home	at home during the
	Recognise	recent coronavirus
	inappropriate, non-	pandemic and
	consensual, or	resulting lockdown
		restrictions. These



Lesson 6 Self Esteem	unwanted behaviour, including online  Explain why, when and how someone might report inappropriate behaviour  Demonstrate selfefficacy (a belief in your own abilities) and confidence in how to identify trusted adults and access support services	lessons therefore support schools in their recovery approach to this academic year (2021-22).
	Students can reflect on how life online can be idealised and may not reflect reality  • Students can empathise with others and offer advice to those who may be struggling online  • Students can devise strategies to boost their selfesteem and consider 'how to be happy'	Educators can help to boost young people's self-esteem to increase their resilience against online hate and negative experiences online. It is also vital to encourage young people to think critically about what they see



			online.
Y7 – half term 5	Health and wellbeing	Understanding Drugs	Providing age-
	Drug and Alcohol Education	To learn about substance use	appropriate knowledge about
	Drug and Alcohol Education	and the risks and effects of	substance use and
		caffeine consumption.	the understanding
		carreine consumption.	and skills to manage
	Lesson 1	To understand and manage	influences young
	Understanding Drugs	influences relating to tobacco	people experience in
	Officer standing Drugs	and nicotine product use.	relation to tobacco,
		and meetine product use.	alcohol and other
	Lesson 2	The dangers of	drugs. This lesson
	Risks and influences	e-cigerettes	introduces concepts
	Risks and influences	e-cigerettes	of substance use
		DCUE / English losson	
	1	PSHE/ English lesson To learn about the risks and	through a focus on the risks and effects
	Lesson 3 Health Education		of caffeine
		consequences of alcohol use	
	Making choices about	l_,	consumption.
	Diet and Exercise	Tobacco – risks and	
		influences	• То
	Lesson 4		understand
		Vaping	and manage
	Maintaining Physical Health		influences
		Alcohol and risk	relating to
			tobacco and
		SEND lessons to support	nicotine
		foundation learners	product use
			▼ To learn
			about
			different
			influences on



		KS3-4, lesson 3 - SEND drug & alcohc  KS3-4, lesson 2 - SEND drug & alcohc  KS3-4, lesson 1 - SEND drug & alcohc  Teacher guidance.pdf	someone's diet and exercise choices  To learn how to make independent, informed decisions about maintaining physical health
Y7 – half term 6	Living in a wider world	Making ethical financial	Teaching children
		decisions	about money <b>equips</b>
	Money Management	Saving, spending and	them with the
		budgeting our money	knowledge and skills
	Financial Awareness	William and the different to the	they need to
		What are the different types	manage their money
	Lesson 1	of financial transactions?	effectively now and in the future.
	Saving	What are the different tunes	in the future.
	Lesson 2	What are the different types of financial products?	
	Interest	of illiancial products:	
	litterest	What are wants and needs	
	Lesson 3	and what is the difference?	
	Diversity Week	and what is the difference:	
	LGTBT+ lesson	What is Saving?	
		Making the most out of your	
	Lesson 4	money	
		/	



Making the most out of your		
money		
_		
Lesson 5		
Spending		
Lesson 6		
Budgeting		
3 3 3		
Lesson 7		
Value for money		